




The Public Health Imperative of Preventing Early Adversity

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President & CEO

Children's Advocacy Days 2020

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Public health is what we, as a society, do **collectively** to assure the conditions in which (all) people can be healthy.

Institute of Medicine
The Future of Public Health, 1988 & 1997

Preventing Violence Happens at Three Levels

Primary

Stopping Violence Before It Occurs

Strategies like healthy relationships & environments reduce risks & increase buffers.

Secondary

Immediate Responses to Violence

Services like emergency and medical care address short-term consequences.

Tertiary

Long-Term Responses to Violence

Approaches in aftermath address trauma & rehabilitate perpetrators.

**Our goal is
to stop violence
before it occurs.**



Learn more: <http://vetoviolence.cdc.gov/basics-primary-prevention.html>.

VetoViolence



Graphic credit: Dr. Camara Phyllis Jones, The Urban Institute



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The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

Discrimination

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

Poor Housing
Quality &
Affordability

Violence

THE LANCET

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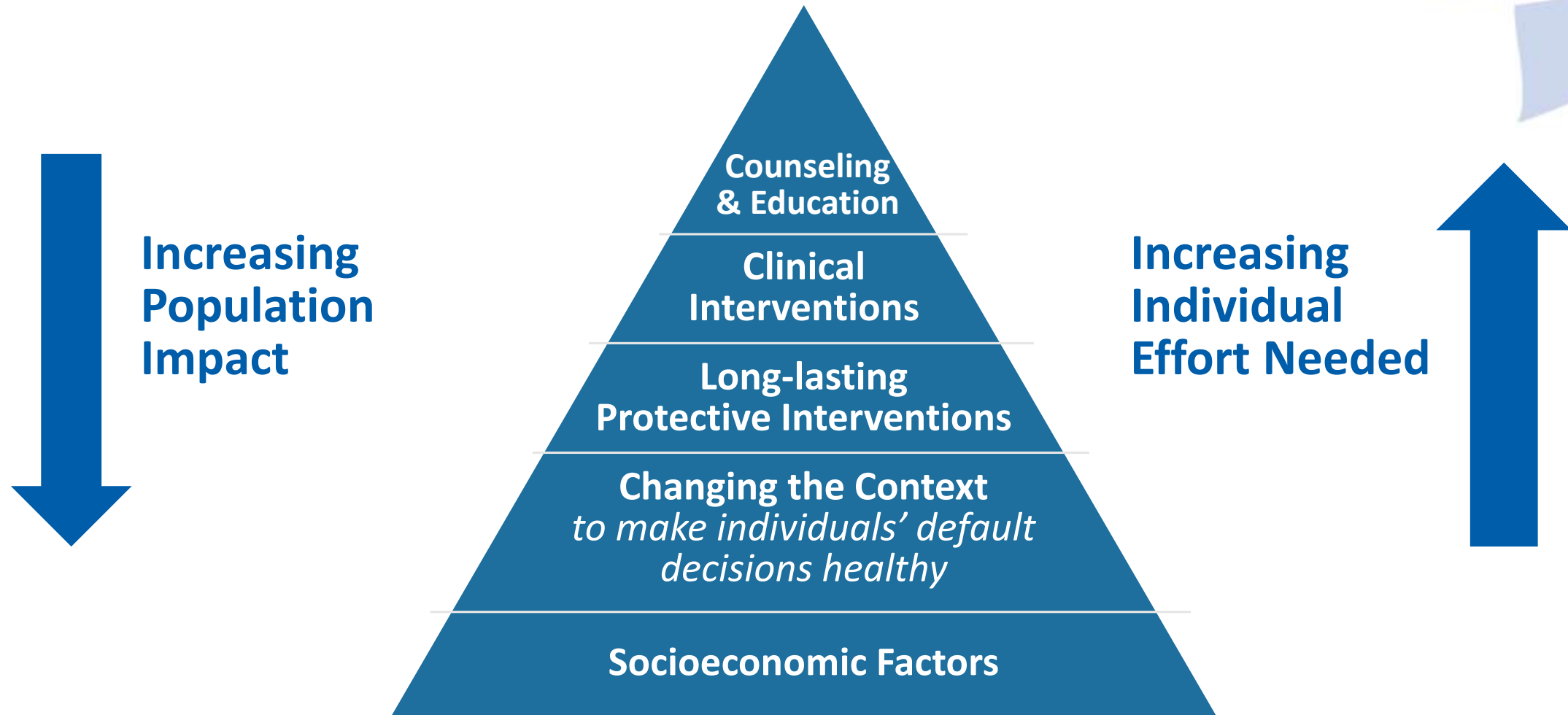
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Adverse childhood experiences or adverse childhood socioeconomic conditions?

David C Taylor-Robinson , Viviane S Straatmann, Margaret Whitehead

Prioritize Environmental Change

The Health Impact Pyramid





*What makes a problem a **public health** problem?*



1 BILLION CHILDREN
EXPERIENCE VIOLENCE ANNUALLY



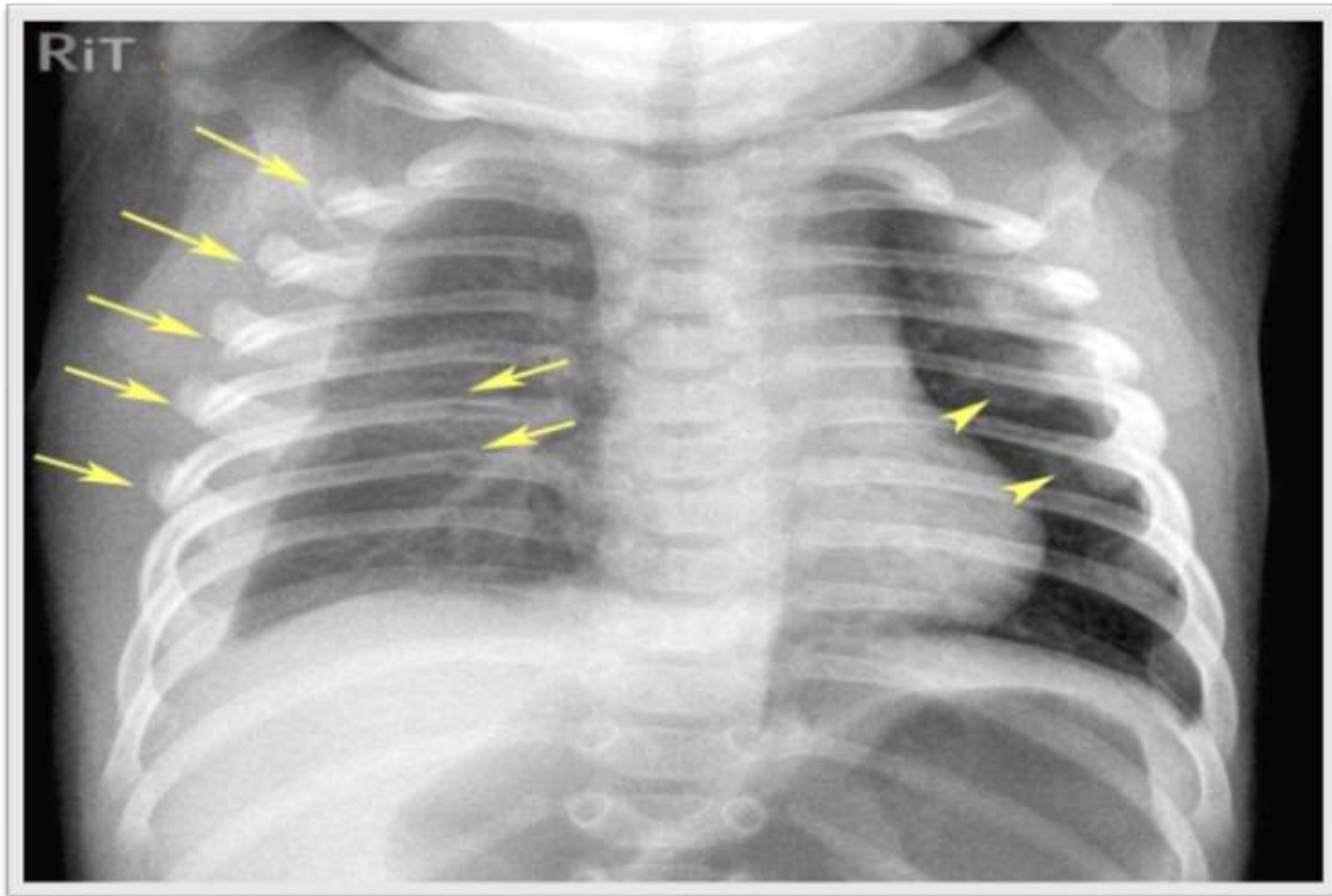
In the United States, at least one in seven children experience abuse and/or neglect annually.

In Tennessee alone, the number of children who are abused or neglected each year could fill **135 school buses**.

When people think of child abuse & neglect, they often picture this:



...or this:



...or this:



...but probably not this:



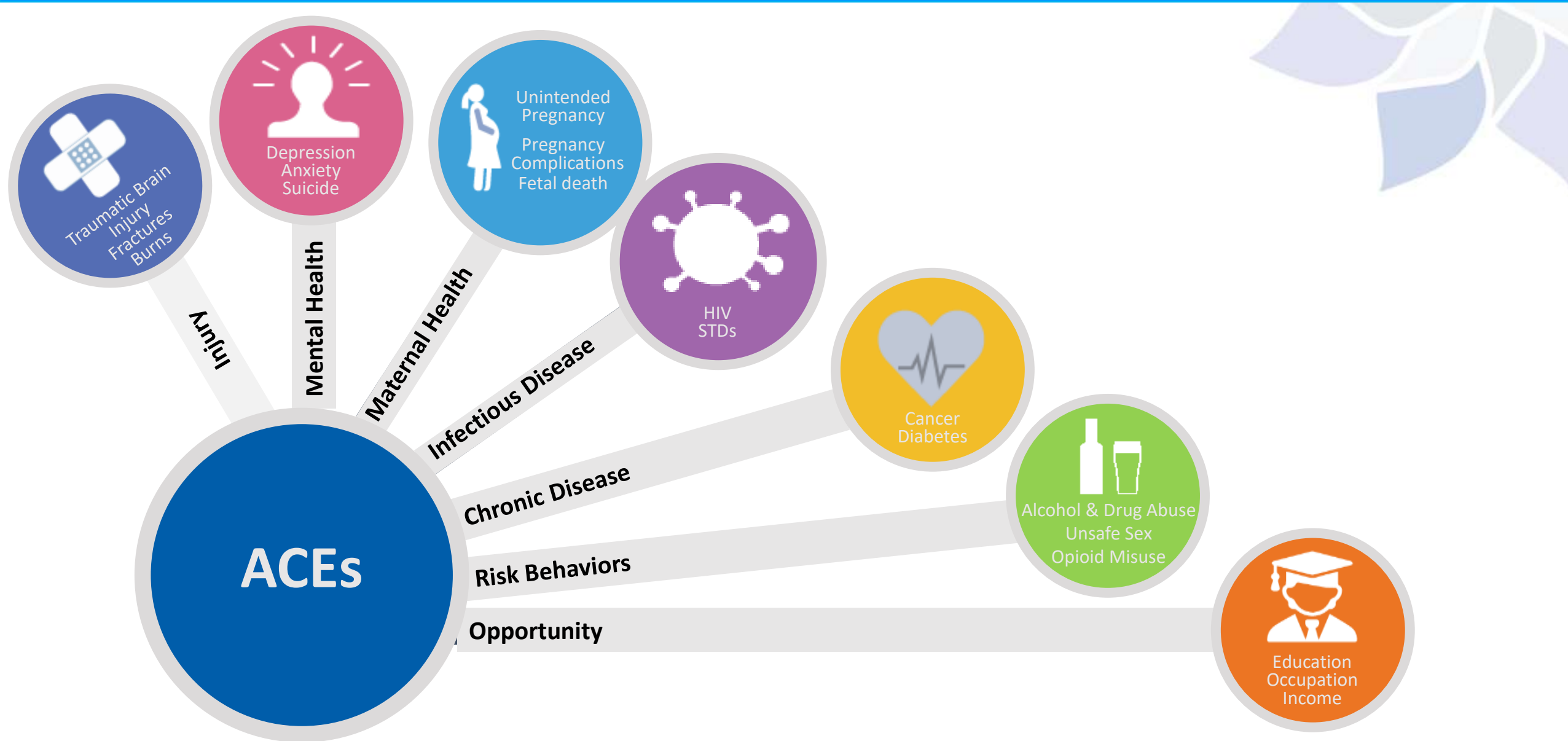
...or this:



...or this:



Early adversity has lasting impacts



Adverse Childhood Experiences

ACEs are experiences that may be traumatic to children and youth during the first 18 years of life such as experiencing violence or other types of emotionally disturbing exposures in their homes and communities.



ACEs not included in the traditional measure:

- Bullying
- Teen dating violence
- Peer to peer violence
- Witness violence in community or school
- Homelessness
- Death of a parent

Vitalsigns[™]

#vitalsigns
NOV. 2019

Adverse Childhood Experiences (ACEs) Preventing early trauma to improve adult health



Want to learn more?
www.cdc.gov/vitalsigns/aces

1 in 6

1 in 6 adults experienced four or more types of ACEs.

5 of 10

At least 5 of the top 10 leading causes of death are associated with ACEs.

44%

Preventing ACEs could reduce the number of adults with depression by as much as 44%.

Overview:

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented.

Preventing ACEs can help children and adults thrive and potentially:

- Lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood.
- Reduce risky behaviors like smoking, and heavy drinking.
- Improve education and job potential.
- Stop ACEs from being passed from one generation to the next.



PROBLEM:

Adverse Childhood Experiences impact lifelong health and opportunities.

ACEs are common and the effects can add up over time.

- 61% of adults had at least one ACE and 16% had 4 or more types of ACEs.
- Females and several racial/ethnic minority groups were at greater risk for experiencing 4 or more ACEs.
- Many people do not realize that exposure to ACEs is associated with increased risk for health problems across the lifespan.



Centers for Disease
Control and Prevention
National Center for Injury
Prevention and Control

ACES can have lasting effects on....



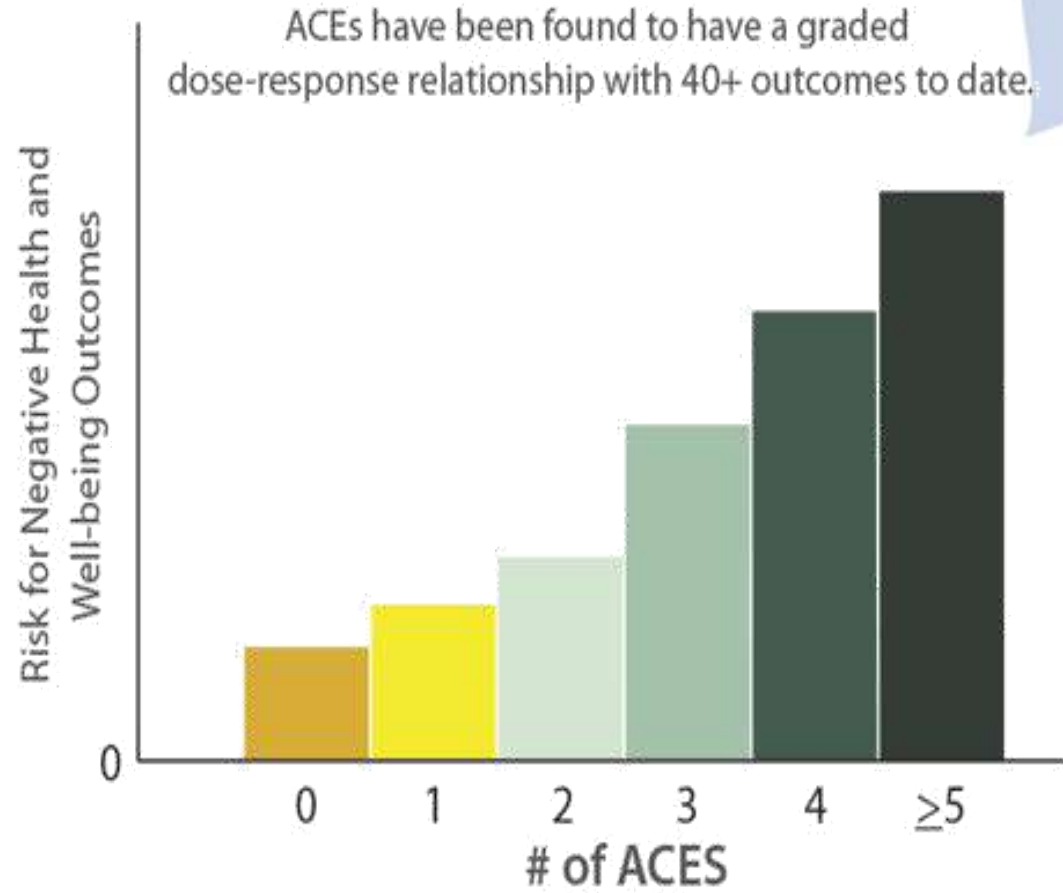
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.



AMERICA'S OPIOID CRISIS: THE UNSEEN IMPACT ON **TENNESSEE** CHILDREN

AS TENNESSEE FAMILIES STRUGGLE WITH ADDICTION, CHILDREN ARE CAUGHT IN THE FRAY.

A GROWING CRISIS



28% MORE
opioid-related deaths
nationwide since 2015.



90.2% of people
in Tennessee suffering
from drug dependence
or abuse go untreated.



**8.7 MILLION
CHILDREN**
nationwide have a parent
who suffers from a
substance use disorder.

A NEED FOR FAMILY-CENTERED POLICIES

KEEPING FAMILIES TOGETHER IMPROVES
OUTCOMES AND LOWERS COSTS

A DEVASTATING TOLL ON CHILDREN

FOSTER CARE PLACEMENTS ON THE RISE

6,210 **TENNESSEE
CHILDREN**
were placed in foster care in 2016.



11%
WERE INFANTS.

In **29%** of these placements,
parental substance use was a factor.

MORE BABIES BORN EXPOSED TO OPIOIDS



Every **25 minutes** in
America, a baby is
born suffering from
opioid withdrawal,
which can mean:

- 1 LOWER BIRTHWEIGHTS
- 2 RESPIRATORY CONDITIONS
- 3 FEEDING DIFFICULTIES
- 4 SEIZURES
- 5 LONGER HOSPITAL STAYS

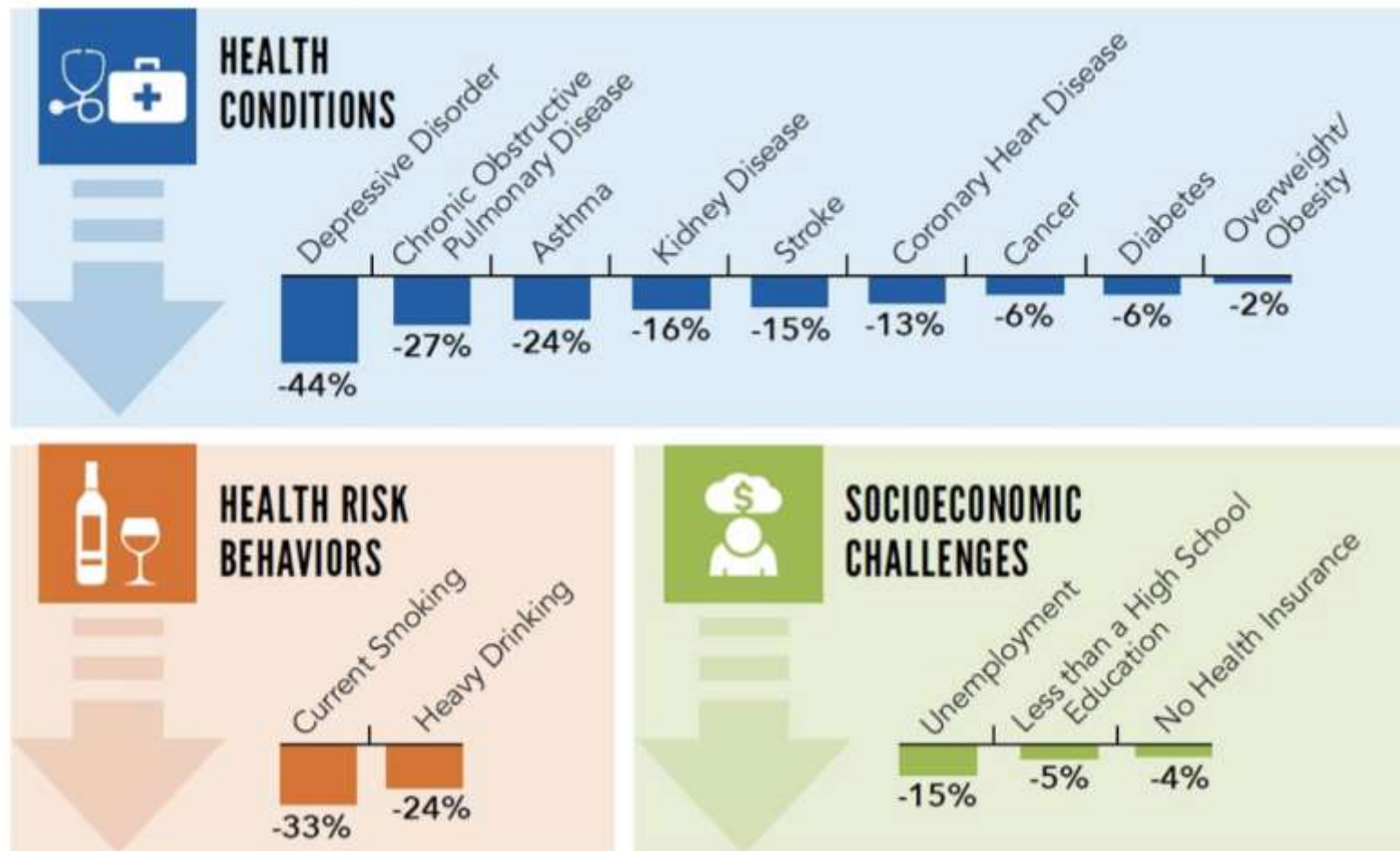
A LIFELONG IMPACT

Children dealing with traumatic
experiences can face social, emotional,
physical, and mental health challenges
that last into adulthood.

Left unaddressed, early childhood
adversity can lead to **school failure**, risky
behaviors like **alcohol and drug use**, and
increased chance of health conditions
like **obesity and heart disease**.



Potential Reductions in Negative Health Outcomes



Vital Signs report key takeaways :

- ACEs are common.
- The effects of ACEs add up over time and impact our health and life outcomes.
- Preventing ACEs could help prevent poor health and life outcomes.



21 MILLION
CASES OF
DEPRESSION

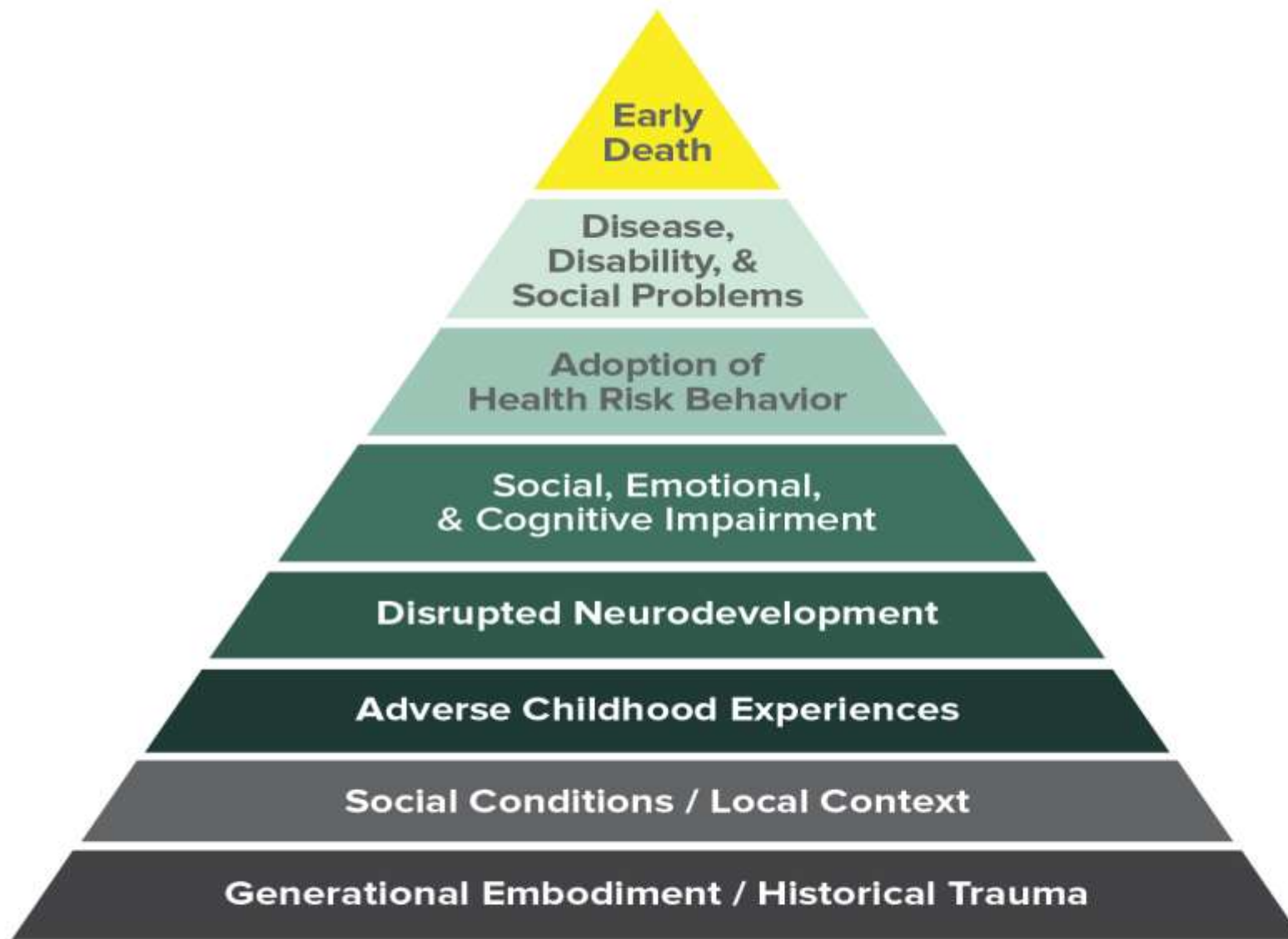


1.9 MILLION
CASES OF
HEART DISEASE

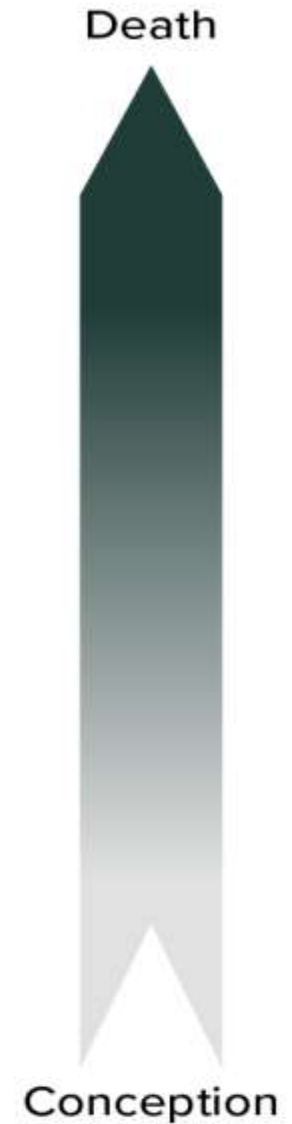


2.5 MILLION
CASES OF
OVERWEIGHT/OBESITY

- ACEs *are* preventable.



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



Violence across the lifespan

Child Abuse & Neglect/ACEs

Elder Maltreatment

Bullying

Youth Violence

Dating Violence

Intimate Partner Violence

Sexual Violence

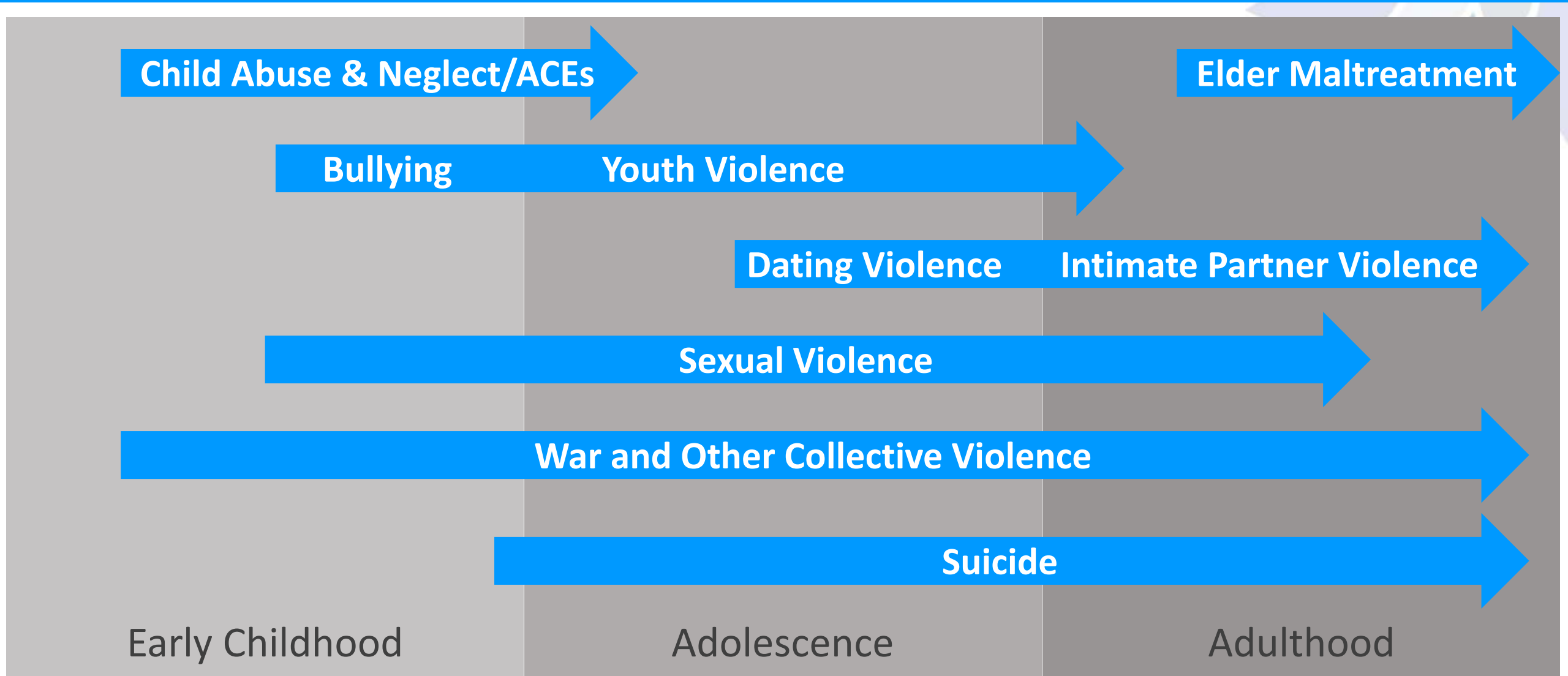
War and Other Collective Violence

Suicide

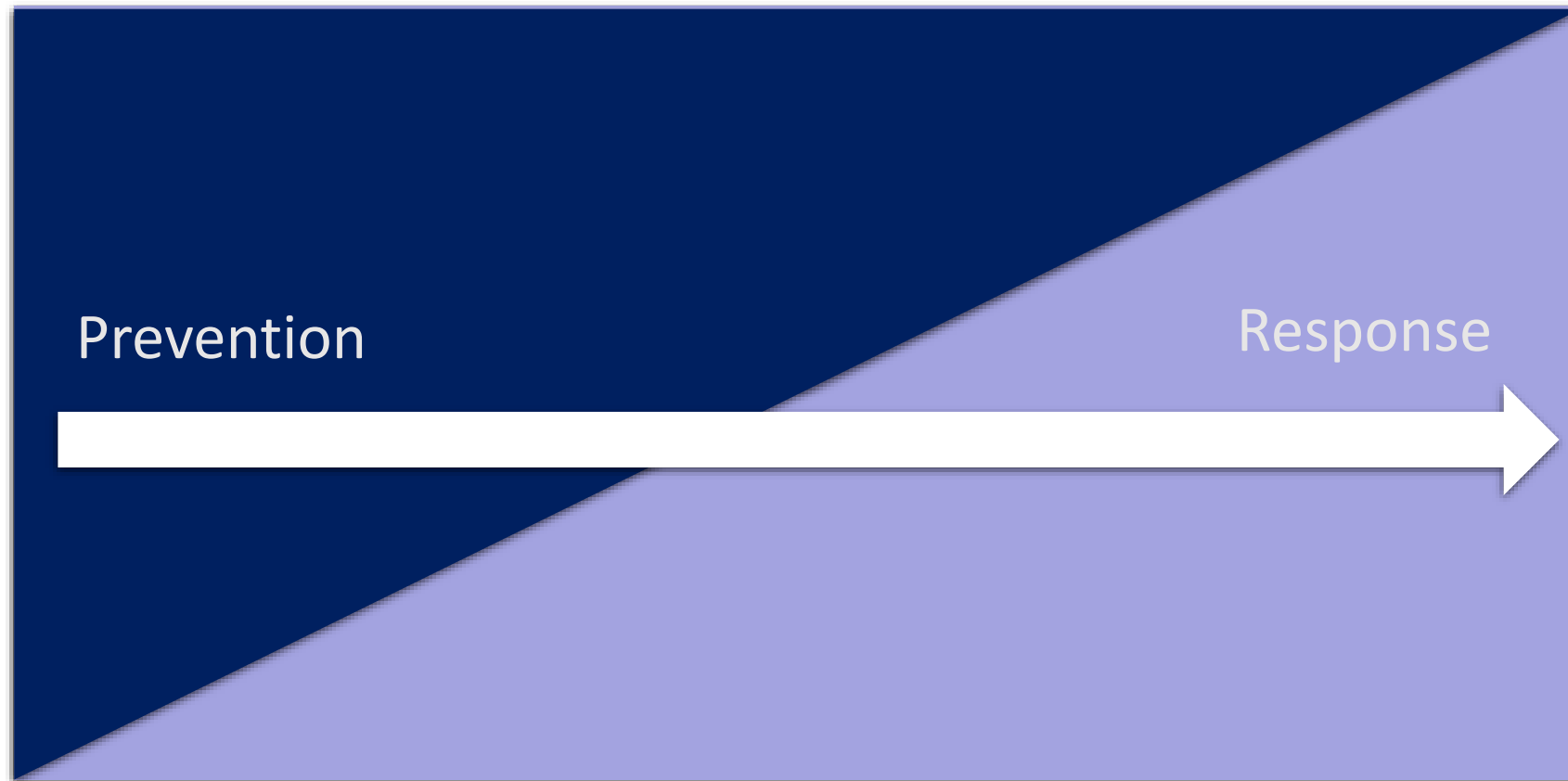
Early Childhood

Adolescence

Adulthood



Role of Public Health in Violence Prevention



ROLE OF CRIMINAL JUSTICE, CHILD WELFARE, SOCIAL SERVICES, HEALTHCARE



Healthy kids



Healthy adults



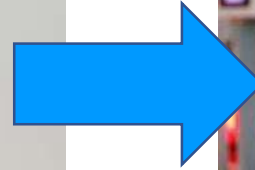
Healthy kids



Healthy communities



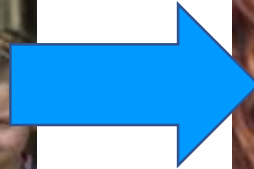
Healthy kids



Healthy workforce



Healthy kids



Healthy parents

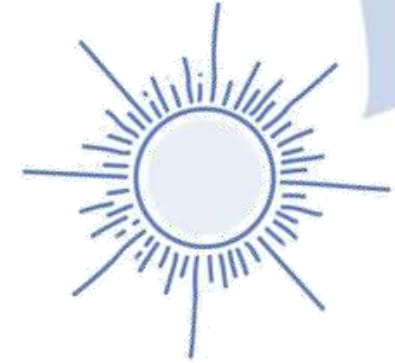


Assuring



Safe, Stable,
Nurturing Relationships
and Environments

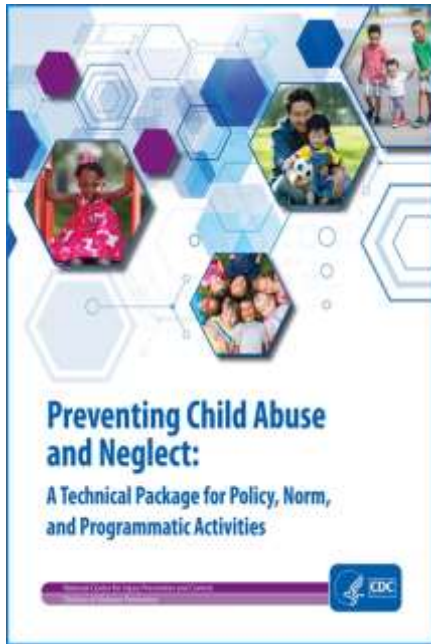
For All Children



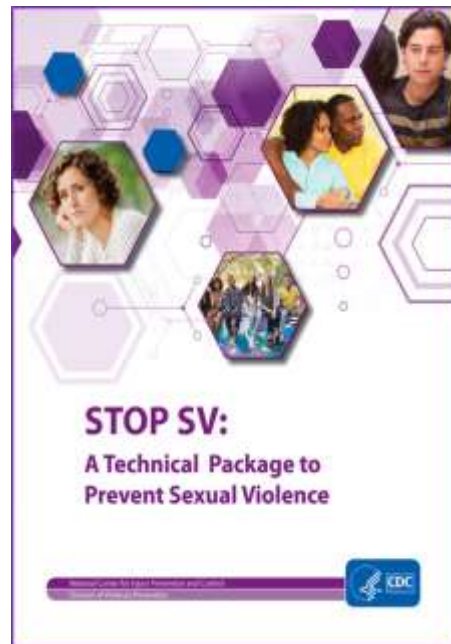


Creating the Conditions for
**STRONG
THRIVING
FAMILIES**
and Communities where
Children are Free From Harm

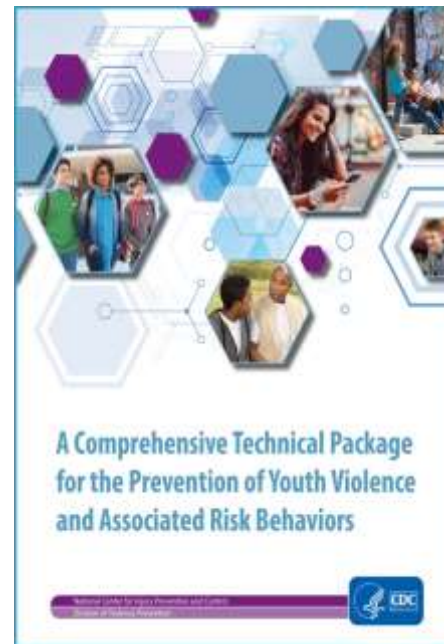
Helping States and Communities Take Advantage of the Best Available Evidence



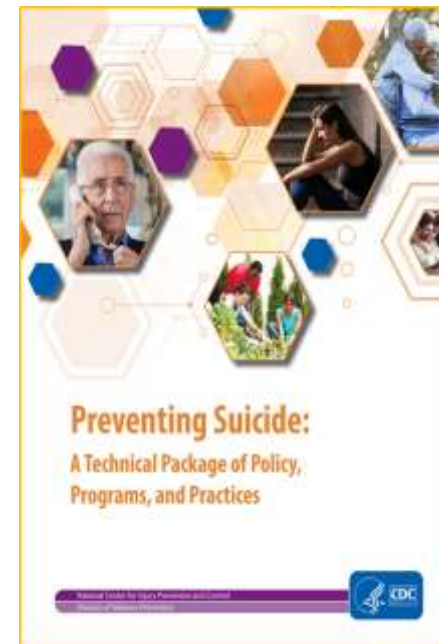
2016



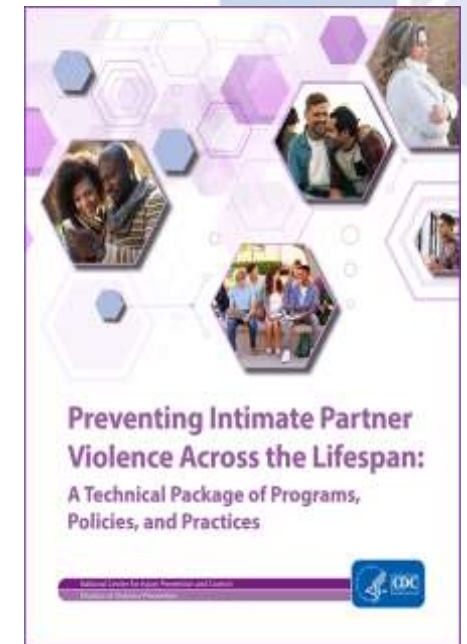
2016



2016



2017



2017

<http://www.cdc.gov/violenceprevention/pub/technical-packages.html>

6 Strategies to Prevent ACEs



Strengthen economic supports for families

- Strengthening household financial security
- Family-friendly work policies



Promote social norms that protect against violence and adversity

- Public education campaigns
- Legislative approaches to reduce corporal punishment
- Bystander approaches
- Men and boys as allies in prevention

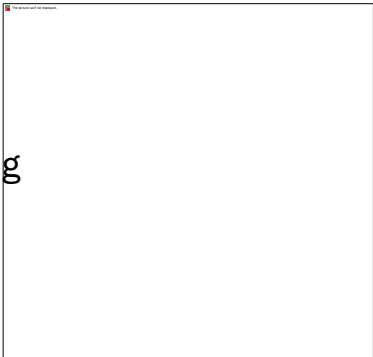


Ensure a strong start for children

- Early childhood home visitation
- High-quality child care
- Preschool enrichment with family engagement

Teach skills

- Social-emotional learning
- Safe dating and healthy relationship skill programs
- Parenting skills and family relationship approaches

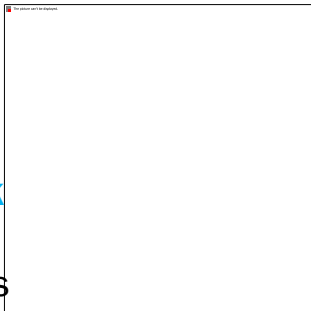


Connect youth to caring adults and activities

- Mentoring programs
- After-school programs



Lessen harms and prevent future risk

- 
- Enhanced primary care
 - Victim-centered services
 - Treatment to lessen the harms of ACEs
 - Treatment to prevent problem behavior and future involvement in violence
 - Family-centered treatment for substance use disorders

HEALTHY FAMILIES TENNESSEE

This evidence-based home visiting program provides weekly home visitation and support parents from pregnancy through when their child enters kindergarten. Our largest, most intensive program focuses on this period because it is when 80% of brain development occurs. Healthy brain development is essential for later learning and health.

Home visitors meet with families weekly in their home using the Growing Great Kids curriculum to cover topics ranging from bonding with your baby, encouraging healthy child development, child safety, and many others.

Research demonstrates that the healthy families program

- **Improves maternal, newborn and child health**
- **Reduces child maltreatment**
- **Improves school readiness**

Our Healthy Families program has been nationally credentialed with Healthy Families America since 2008 demonstrating strict adherence to the evidence-based program model.

Would you or someone you know benefit from in-home support? Fill out our referral form, and we will contact you with more information.



A parent in our Healthy Families Tennessee program learns about healthy brain development and the difference between a stimulated brain and a neglected brain from her home visitor.

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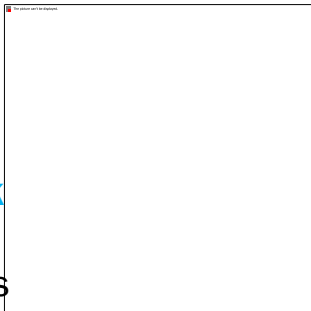


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Prevention Happens in Partnership





Partnering with Policymakers: On May 23, 2019, North Carolina Governor Roy Cooper signed Executive Order Number 95 extending paid parental leave to state employees in cabinet agencies, an effort that [PCA North Carolina](#) was instrumental in. More than 50,000 NC families now have paternity and maternity leave to welcome a new child through birth, adoption, or fostering.



Business partners: [PCA Illinois](#), the Illinois Department of Children and Family Services, Safe Families for Children, and HSHS St. John's Children's Hospital commemorate the start of April as National Child Abuse Prevention Month at a joint press conference. (Pictured L to R: DCFS Central Region Administrator Maria Miller, PCA IL Director of Communications Jeremy Goeckner, HSHS St. John's Hospital Interim President and CEO EJ Kuiper [background], and Springfield Mayor Jim Langfelder.



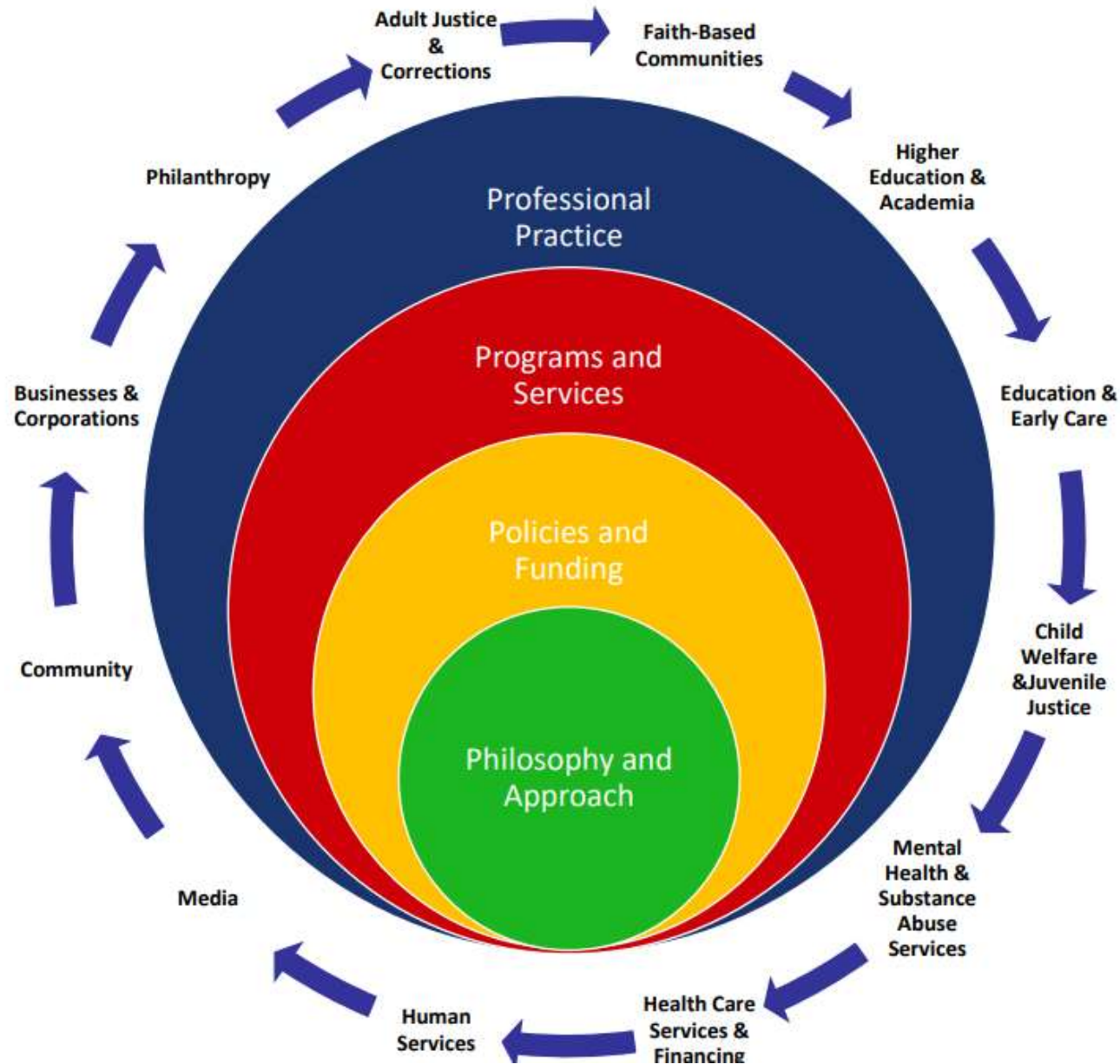
Media: PCA Arizona Training Director Claire Louge (right) appears on AZTV's "Sandy and Friends" to talk about Child Abuse Prevention Month and to promote the annual Pinwheel Party. The community event drew 250 families and featured pinwheel planting, activity booths, live music, a bounce house, and a firetruck demonstration.



Youth-serving organizations: Parents and caretakers of children taking capoeira classes received [PCA Nevada](#)'s "Healthy Families, Healthy Communities" training, which demonstrates the foundations of healthy relationships and families, as well as the importance of healthy social connections to improve communities. Afterward, the children were part of the personal safety and anti-bullying class called "We Deserve To Be Safe," and the morning concluded with a delicious potluck.

Prevention, Mitigation and Treatment of Adverse Childhood Experiences

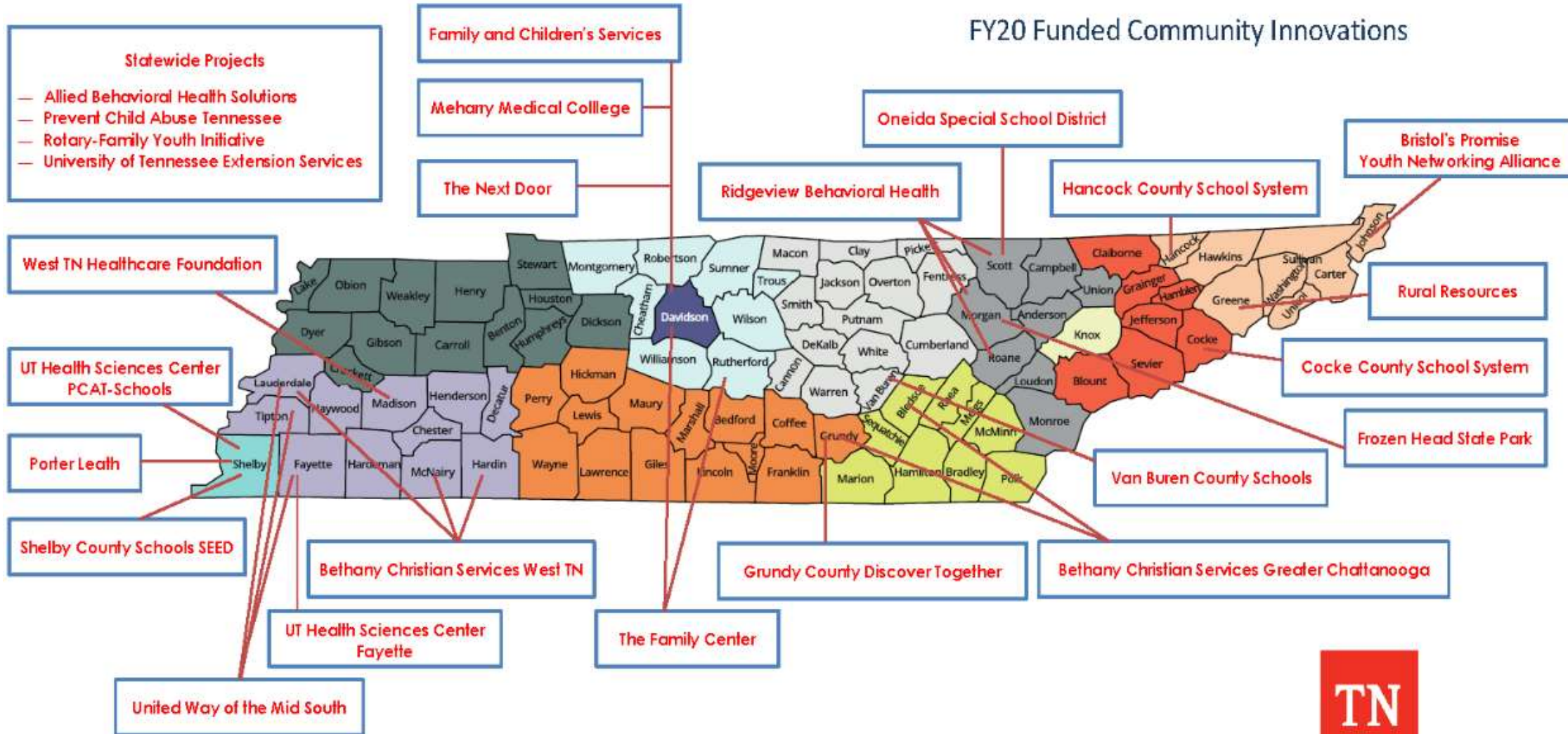
Anticipated Multi-Sector, Multi-Level Public and Private Impacts





BUILDING STRONG BRAINS TENNESSEE

FY20 Funded Community Innovations



STRONG ROOTS **GROW** A RESILIENT COMMUNITY



FOR MORE INFORMATION ABOUT RESILIENCE PLEASE VISIT PEACE4TARPON.ORG

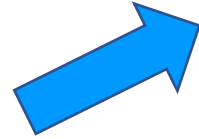


Marc.HealthFederation.org

www.HealthFederation.org



Healthy kids



Healthy adults & healthy parents



Healthy communities



Healthy workforce



Thank you



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